

**Charter School Health Consultant  
Technical Assistance Summary  
May 2020**

During the Year of the Nurse, the consultant team would like to say “Thank you” for your incredible work for the students and families of North Carolina and *Supporting Students in Times of Crisis*, NASN’s theme for School Nurse Day. All members of our school communities, school nurses included, have been required to take on unprecedented roles and adapt quickly to changes in their jobs. We celebrate and honor the significant role school nurses play in the health and safety of their schools and communities during this crisis.



**COVID-19 Resources:** NC DHHS and NC DPI are jointly discussing strategies and guidelines to be made available when plans are finalized for schools. Here are currently posted school related guidance documents and COVID-19 resources. Please remember that guidance is updated frequently.

NCDHHS Guidance Documents:

- [Interim Coronavirus Disease 2019 \(COVID-19\) Guidance for Local Education Agencies and Public Schools](#)

NASN Guidance Documents:

- [Guidance for School Nurses to Safely Send and Receive Resources Between School and Home During COVID-19](#)
- [Considerations for School Nurses Regarding Care of Students and Staff that Become Ill at School or Arrive Sick](#)

CDC Guidance Documents:

- [Interim Guidance for Administrators of US K-12 Schools and Child Care Programs to Plan, Prepare, and Respond to Coronavirus Disease 2019 \(COVID-19\)](#)

NC DHHS Mental Health Resources:

- <https://www.ncdhhs.gov/divisions/public-health/covid19/managing-your-overall-health>

US Department of Education:

- [Protecting Student Privacy: FERPA and the Coronavirus](#) (Español)

### **Allergy, Asthma and COVID-19 Concerns**

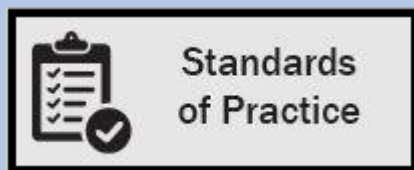
School nurses develop and implement plans of care for students with allergies and asthma. Some children with respiratory issues may be at higher risk when contracting COVID-19. It is important to use information from reputable sources when planning care. [The American College of Allergy, Asthma and Immunology](#) (ACAAI) provides information for those with asthma or allergies on common concerns, as well as the [shortage of metered dose inhalers](#). This shortage is due to the increased use of inhalers in the hospital setting related to COVID-19 as it has been determined that, when present, coronavirus may persist in droplets in the air for 1-2 hours after nebulizer use. According to the [CDC's Infection Prevention and Control recommendations in healthcare settings](#), procedures that could generate infectious aerosols should be performed cautiously and avoided if possible. It is also possible to have the virus and remain asymptomatic, but still infect others. Students should be transitioned to a metered dose inhaler, with spacer, while at school to limit the likelihood of aerosolizing viral particles. It is reassuring to know that [studies](#) have shown that the use of a metered dose inhaler with a spacer results

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in faster symptom resolution than medication delivered via nebulizer, even in young children. Given that symptoms of COVID-19 can be similar in nature to those of the common cold, influenza and allergies it may be helpful to keep this [symptom chart comparison infographic](#) easily accessible. Additionally, a white paper was published recently in the Journal of Allergy and Clinical Immunology, titled, [COVID-19: Pandemic Contingency Planning for the Allergy and Immunology Clinic](#) outlining new guidance.

**May is Mental Health Month**

Since 1949, the month of May has been a time to focus on awareness and promotion of mental health. 2020 presents a great opportunity to share resources with staff, students, and families to support resiliency as the COVID-19 pandemic continues. The National Association of School Nurses (NASN) and the National Association of School Psychologists (NASP) have developed [Helping Children Cope with Changes Resulting From COVID-19](#), available in several [different languages](#). The CDC has also put together a variety of resources on [stress and coping](#) for adults and children in response to coronavirus. Depression can be an issue for teens and adolescents. The American School Health Association released a [new resource](#) for working with students around identification and support for depression. While these resources are not specifically related to the current outbreaks, they do provide suggestions for ways to get involved in creating real and hopeful conversations around mental health in your school community. The North Carolina Department of Health and Human Services has established the **Hope4NC Helpline** (1-855-587-3463) to connect North Carolinians to additional mental health and resilience supports that help them cope and build resilience during times of crisis. This number is staffed 24 hours a day, 7 days a week.



**North Carolina DHHS School Nursing Support Webpage**

We are thrilled to announce that the School Health Nurse Consultant team has launched our first DPH School Nurse webpage – [School Nursing Support!](#) During the last few months, we have been working very hard to enhance the services and support

provided by the consultant team through this venue. We invite you to explore the webpage and discover easy access to frequently requested resources that will assist you in ensuring that our students are healthy and ready to learn.

**North Carolina School Health Program Manual Revision**

The North Carolina School Health Program Manual is revised and in publication approval. When posted, it will be available in a more user-friendly format on the new Division of Public Health's school nurse webpage. Until then, if using a section of the manual for current work, please check with your Charter School Health Nurse Consultant regarding available updated guidance.

**2020-2021 Immunization and Health Assessment**

Most health care providers have restructured their offices and processes in adapting to the need to assure the health and safety of staff and patients. COVID-19 will require diligence for the foreseeable future, and it is important that well care, including needed immunizations, resume in support of a healthy population. Please encourage families to make appointments for visits that are due or were postponed. The timing of reporting parameters for these state requirements are statute based, meaning that allowing reporting changes due to COVID-19 impact issues must be accomplished through an

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executive order by the governor. While one is anticipated related to reporting and compliance dates, the need for obtaining vaccines and health assessments will likely continue.

**Annual Charter School Health Report**

Due to the COVID-19 pandemic and the current burden on North Carolina schools with extended closure, the 2020 Annual Charter School Health compliance reporting requirement has been waived. Please remember that while reporting for this school year has been waived, the related requirements that are associated with performance framework A17 still apply. During this time charter schools are still required to maintain 2019-20 school year records on the status of Health Assessments for those students who enrolled for the first time in a North Carolina public or public charter school (§ 130A-441(c)), and the Immunization status of all students in Kindergarten and in Seventh Grade (G.S. 130A-155(c)). Additionally, charter schools are required to comply with the Care of Students with Diabetes law (G.S. 115C-375.3.) and with the School Supply of Epinephrine Auto-Injectors law (G.S. 115-375.2A.). Charter schools also must follow State Board of Education Policy SHLT-001: Return-to-Learn After Concussion, charter school nursing services and identified student health conditions.



**Improving Student Health and Academic Achievement through Nutrition, Physical Activity, and the Management of Chronic Conditions in Schools:**

Year two of this work has focused on the roll out of revised and new resources and materials. Identified target counties have been piloting those although they are also

available for use by all North Carolina school districts. Information is available on the new [webpage](#) or from your charter consultant. It is our goal for all districts to work towards a standards-based program for students with chronic health conditions, implemented by all school nurses.

**VSP Voucher Distribution postponed.** During this global pandemic, VSP has made the difficult decision to pause distribution of gift certificates until further notice. Requests submitted will be processed when operations have restarted. Please consider postponing your request for gift certificates if the location you are supporting will be temporarily closed. If you are currently distributing gift certificates, VSP encourages recipients to contact their selected VSP network doctor to confirm availability and verify practice hours. If you have an urgent need for a gift certificate or any questions, please email [giftcertificates@vsp.com](mailto:giftcertificates@vsp.com). For more information click [here](#). NASN also has information located [here](#).



**DPH Adolescent Health Resource Center**

The NC DPH [Adolescent Health Resource Center](#) is an online repository of state and national resources provided to users of various audiences including youth-serving professionals, parents, and teens. The web page is a resource for information and updates

on adolescent health including updates on emerging adolescent health issues, print and web-based resources, links to training opportunities, and a presence for sharing and promoting evidence-based programs and practices.



**NBCSN Statement on COVID-19**

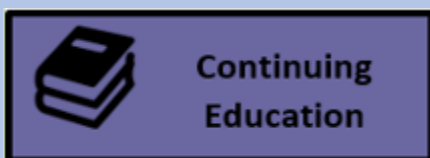
Per NBCSN's statement on some testing center closures, "We know that this can be an inconvenience for some of you and that you have studied hard in preparation for the exam. If this is indeed your

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current standing and you would like to be put into a current testing window, we unfortunately cannot guarantee that at this time. What we can offer is to move you to the summer exam window with of course no additional fees.” Please contact them at [info@nbcns.org](mailto:info@nbcns.org)

**NASN Weekly Digest News**

NASN shared an announcement in the April 23<sup>rd</sup> weekly digest about their 2020 award recipients one of whom is from North Carolina. Catawba County school nurse Mary Elaine Knight, an active SNANC member and former committee chair for the SNANC Practice and Standards Committee, has been awarded an endowment education scholarship from NASN. Mary Elaine is attending UNC-Charlotte and working towards a master’s degree in Nursing with a focus on Community Health Nursing. Congratulations on being awarded this scholarship opportunity!



**Annual School Nurse Conference**

As a result of possible long-term concerns for large group gatherings, the [37<sup>th</sup> annual conference](#) scheduled for December 10<sup>th</sup> and 11<sup>th</sup>, has been postponed to Oct. 28-29, 2021.

**New Diabetes Education Resources from NASN**

*What's New in Diabetes Technology and How to Manage Care in Schools* is now available in the NASN’s Learning Center Library at no cost for NASN members and a cost of \$20 for nonmembers. Participants receive 1.25 contact hours. Diabetes Advanced Network Access or DANA is another new resource now available; a website resource that allows school nurses working with students with diabetes to access best-in-class information about diabetes technology. DANA was created by the American Association of Diabetes Educators. Instructions on access can be found at the [DANA link](#) on the NASN homepage.

**School Nurse Orientation Modules**

The target audience for this online course includes all new school nurses and the course is a required component of the School Nurse Funding Initiative (SNFI) and Program 351 school nurse orientation. It serves as an introduction and prerequisite to School Nurse Roles and Responsibilities and will open for the next two-year term during the summer. Information will be out soon.

**School Nurse Roles and Responsibilities**

Roles and Responsibilities has been converted to a virtual format for the foreseeable future. Those registered for the cancelled spring offerings are being given priority registration. If you have questions related to the requirements, please contact your charter school health nurse consultant.

**School Nurse Certification Examination Review Online Program**

This online, eight-week, self-paced certification study guide covers content areas for the School Nurse Certification Exam. This review features pre- and post-test study questions, as well as a final practice exam that simulates the School Nurse Certification Exam. [Link](#) to registration.

**NASN 52nd Annual Conference: A Seat at the Table: Winning Together for Student Health**

[NASN annual conference](#), scheduled for June 30 -July 3, 2020 is transitioning to a virtual format. This was felt to be the best and safest course of action after careful consideration of the evolving COVID-19 pandemic. The educational program will include many of the previously scheduled general sessions, breakout sessions and posters. The program will also include a virtual exhibit hall, annual business

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meeting, award recognition, vendor demonstrations, and opportunities for engagement and interaction- just all in a virtual environment.

**The National Association of School Nurses (NASN)**

[The School Emergency Triage Training \(SETT\)](#) for School Nurses is offered as an on-line course through NASN for member and nonmember school nurses. This course teaches effective management of school emergencies where there are mass casualties requiring careful planning, preparation, and training to maximize effectiveness under less than optimal conditions. Many school nurses have also taken this course across the nation in its classroom format.

**NC Board of Nursing**

[Am I within my scope?](#) Nurses can increase their knowledge of the legal scope of practice and Board of Nursing resources (decision trees and Position Statements) to effectively recognize and prevent situations that may exceed legal scope in this free, one-hour CE.

**Eastern AHEC: 2020 Children's Services Conference: Building a Brighter Future for Children and Families.**

August 13 - 14, 2020 at the Hilton Greenville, 207 SW Greenville Blvd, Greenville, NC. For more information click [here](#).

**American Academy of Pediatrics School Health Virtual Opportunities**

- **Recorded 1-Hour Webinars**
  - *Telehealth Evaluation of Mental and Behavioral Concerns -*  
<https://www.youtube.com/watch?v=ozg7jCVzJvY&feature=youtu.be>
  - *Telehealth in Schools: A Rural Model -*  
<https://www.youtube.com/watch?v=JGu379WzrhA&feature=youtu.be>
  - *Telehealth in Schools: An Urban Model -*  
<https://www.youtube.com/watch?v=0kd9bz75XQI&feature=youtu.be>
  - *Schools, Mental Health and the Role of the Pediatrician -*  
<https://www.youtube.com/watch?v=kOkGBzrd0R4&feature=youtu.be>
  - *Addressing Pediatric Mental Health Issues in the School Setting-*  
<https://www.youtube.com/watch?v=HErSDztClxA&feature=youtu.be>
  - *"Talk the Talk" of School Mental Health -*  
<https://www.youtube.com/watch?v=1SutDi7dl1E&feature=youtu.be>
  - *Achieving Optimal Nutrition: The Role of Schools and Pediatricians -*  
<https://www.youtube.com/watch?v=hoORRHNG8NU&feature=youtu.be>
  - *Improving Children's Health by Attending to Attendance -*  
<https://www.youtube.com/watch?v=G0gvNcBiyao&feature=youtu.be>
- **Online Modules (Self-Paced)**
  - [Managing Allergy & Anaphylaxis in the Pediatric Clinic and Beyond](#) provides a web-based learning experience addressing the management of allergies and anaphylaxis in the clinical, early care and education, and school settings. General practicing clinicians will build skills and efficacy in:
    - Diagnosis
    - Prescribing medication
    - Identifying environmental factors that increase risk of exposure
    - Building an allergy and anaphylaxis action plan with patients and their families

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- **Pedialink Online Courses** ([pedialink.org](https://pedialink.org)) - The AAP's online platform to provide personalized education for health professionals. Some courses include:
  - Talking to Parents and Patients about Using the Nutrition Facts Label to Make Healthy Food Choices
  - Building a Foundation for Healthy Active Living Safe and Supportive Relationships
  - Building a Foundation for Healthy Active Living: Appropriate Nutrition
  - Confidential Adolescent Care
  - Smiles for Life Oral Health Module

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